



Physical Education

AVSS at home guide

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23/3/2020

AVSS

Physical Education

As we enter these uncertain times, it is important students continue to exercise and move their bodies. I have included some ideas you can do at home with your students and some online resources that are available for your students to use. Please feel free to contact me via email or Zoom with any questions. Thank you.

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or via Zoom

<https://zoom.us/j/5821321864>

01 Play

02 Aerobic Exercise

03 Sports & Movement

Play

Play is central to your child's learning and development. When your child plays, it gives him/her lots of different ways and times to learn.

Play also helps your child:

- build confidence
- feel loved, happy and safe
- develop social skills, language and communication
- learn about caring for others and the environment
- develop physical skills.

<https://raisingchildren.net.au/school-age/play-media-technology>

Aerobic Exercise

Aerobic exercise is movement that gets your blood pumping faster around your whole body. It makes your heart beat faster. It also makes your lungs take in more oxygen. This causes you to breathe faster during the exercise.

<https://www.stanfordchildrens.org/en/topic/default?id=aerobic-exercises-for-kids-1-4800>

Sport & Movement

Benefits of sports for children

Some of the many benefits of sport participation for children include:

- reduced risk of obesity
- increased cardiovascular fitness
- healthy growth of bones, muscles, ligaments and tendons
- improved coordination and balance
- a greater ability to physically relax and, therefore, avoid the complications of chronic muscular tension (such as headache or back ache)
- improved sleep
- mental health benefits, such as greater confidence
- improved social skills
- improved personal skills, including cooperation and leadership.

01 – The importance of Play

It is important to play and spend some time with your child during this uncertain time. This will help students deal with the situations and allow them a chance to talk to you about how they feel. Creating bonds with your child through play will help them cope and show them that we will get through this together.

Different types of play

Unstructured, free play is the best type of play for young children.

This is play that just happens, depending on what takes your child's interest at the time. Free play isn't planned and lets your child use his imagination and move at his own pace.

Examples of unstructured play might be:

- creative play alone or with others, including artistic or musical games
- imaginative games - for example, making cubby houses with boxes or blankets, dressing up or playing make-believe
- exploring new or favourite play spaces like cupboards, backyards, parks, playgrounds and so on (follow government guidelines).

You can be part of your child's unstructured play - or not. Sometimes all you'll need to do is point your child in the right direction - towards the jumble of dress-ups and toys on her floor, or to the table with crayons and paper. Sometimes you might need to be a bit more active. For example, 'How about we play dress-ups? What do you want to be today?'

Structured play is different. It's more organised and happens at a fixed time or in a set space. It's often led by a grown-up.

Examples of structured play include:

- storytelling for toddlers and preschoolers
- dance, music or drama classes for children of all ages - have a dance with your child or learn a dance move.
- family board or card games
- modified sports for slightly older children, like Cricket, basketball, netball, Rugby, and football to name a few.

Here are some links to YouTube videos with some ideas of games to play together. Some of these games, we have played in PE and require little equipment.

- <https://www.youtube.com/watch?v=yuZeQGjFu6s>
- <https://www.youtube.com/watch?v=m1NvpkvYEIU> - modify the equipment to what you have available
- <https://www.youtube.com/watch?v=fOYLIOJv2c4>

The raising children website has lot of information and game ideas. Here is a link;

<https://raisingchildren.net.au/school-age/play-media-technology>

02 - Aerobic Exercise

Choosing activities best for their age

Age makes a difference with aerobic activity. With kids, their aerobic ability can get better during and after puberty. Also, kids should do things that are fun and help them learn skills. Help your child pick activities that they will enjoy and want to stick with. Below are some examples of activities that can suit kids of all ages.

Aerobic activities for children (ages 6 to 9)

These are examples of good activities for children:

- Games that involve running and chasing
- Jumping rope
- Karate
- Riding a bicycle
- Rollerblading
- Running
- Skateboarding
- Walking
- Chasey

Aerobic activities for adolescents (ages 10 to 12)

These are examples of good activities for adolescents:

- Dancing
- Games that involve running and chasing
- Gymnastics
- House and yard work
- Jumping rope (skipping)
- Karate
- Riding a bicycle
- Rollerblading
- Running
- Skateboarding
- Sports such as baseball, softball, basketball, soccer, tennis, hockey
- Walking

Aerobic activities for teens (ages 13 to 17)

These are examples of good activities for teens:

- Aerobic exercise classes (online videos)
- Dancing
- Gymnastics
- House and yard work
- Jumping rope
- Karate or other martial arts
- Riding a bicycle
- Rollerblading
- Rowing
- Running
- Skateboarding
- Sports such as baseball, softball, basketball, volleyball, soccer, lacrosse, tennis, hockey, basketball, football , badminton
- Walking

YouTube video links

Here is a number of different workouts you can do at home with little to no equipment.

- <https://www.youtube.com/watch?v=5if4cjO5nxo> (fun, upbeat workout)
- <https://www.youtube.com/watch?v=MxLL9Scvmzo> (low impact workout_
- https://www.youtube.com/watch?v=L_A_HjHZxfl (workout video we have used at school)
- <https://www.youtube.com/watch?v=d3LPrl0v-w> (5 minute workout)
- <https://www.youtube.com/watch?v=uYi1kyMeFHQ> (Avengers based workout)
- <https://www.youtube.com/watch?v=yQ4fTl4wbko> (Just Dance workout)
- <https://www.youtube.com/watch?v=JWTyO8npkOQ> (learning a dance routine)

At home workouts

I have included some exercise cards to use at home. Mix them up, challenge your students, and have fun.

03 – Sport and Movement

Only six out of 10 children aged between five and 14 years participate in sport outside of school, according to the Australian Bureau of Statistics. The Australian Health Survey conducted in April 2012 found that 25 per cent of Australian children and teenagers, aged five to 17 years, are overweight or obese, indicating that we need to foster a more sports-minded culture that encourages children to be physically active.

People who are active dramatically reduce their risk of many diseases, including heart disease and osteoporosis. Regular exercise is also known to reduce the risk of emotional problems such as anxiety and depression. Habits are established early in life and evidence suggests that physically active children are more likely to mature into physically active adults.

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/sport-and-children>

The cancelling or postponement of organized sport shouldn't stop you from encouraging your child to continue to practice and play. Your child can still benefit from practicing the skills need to play sport. Modified games with family can help a student stay motivated to exercise and move their body. Use available space inside and outside your homes and **ensure you follow government guidelines**.

Skills to practice

Set your child different challenges to practice the following skills

- **Catching a ball**
 - Catching while standing still
 - Catching while walking
 - Catching while running
 - Catching a ball with two hands
 - Catching a ball with one hand
- **Throwing a ball**
 - Throwing from a standing position
 - Throwing while walking
 - Throwing while running
 - Throwing a ball towards a target
- **Changing directions**
 - Following instructions to move forwards or backwards
 - Following instructions to move left or right
 - Moving in all directions when instructed
- **Stop and Go**
 - Moving around and stopping when asked
 - Moving around bouncing a ball and stopping
 - Moving around listening to music and stopping when asked
- **Sports specific skills**
 - Playing with a AFL football
 - Bouncing and shooting a basketball
 - Hitting a tennis ball with a tennis racquet
 - Kicking and passing a soccer ball
 - Passing and shooting a netball
 - Dancing
 - Yoga poses
 - Stretching routine

Physical Education at home

As we learn more of how schooling will proceed over the coming weeks use this guide to help your student to continue to be active at home. I cannot stress enough of the importance of playing with your child during this time. If you can only do one thing, please make sure its playing with your child.

I will be in touch with weekly workouts and challenges that your students can complete at home. I will post different exercise and sport skills to practice.

Please keep in contact with myself and the school via; email, SeeSaw and Zoom

Thank you and keep moving

Steele Denman

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